

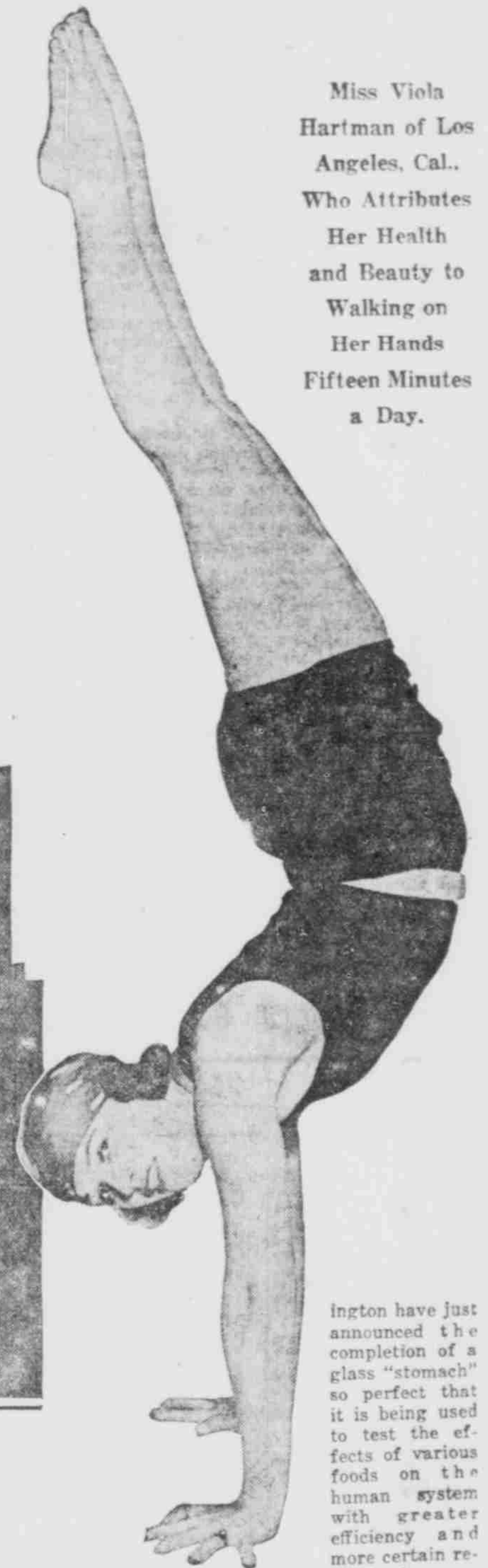
"You Don't Walk Correctly and Consequently Don't Breathe in a Way to Resist the Encroachments of Age-Bringing Ailments Unless You Can Step Out Balancing a Basket on Your Head." Photograph of a Young Girl in a Greek Costume Summer Camp in Normandy.



Why We Age More in Winter Than in Summer

It's Mostly a Question of Fresh Air and Sunlight, Says Science, and Explains Just How We Do Really Wear Out.

Miss Viola Hartman of Los Angeles, Cal., Who Attributes Her Health and Beauty to Walking on Her Hands Fifteen Minutes a Day.



ington have just announced the completion of a glass "stomach" so perfect that it is being used to test the effects of various foods on the human system with greater efficiency and more certain results than an experimental human subject ever produced.

As the British scientists point out the younger generation is not called on to observe the warning. Dancing and swimming and indoor sports that their domestic freedom permits, does for them what long walks and swimming can do for the older generations. For it is the latter that the men of science want to reach. Dr. Frauenthal points out, incidentally, that after forty years of age no person, man or woman, should seek to emulate the youthful desire they once had of developing hard muscles. Any mild calisthenics or system of baths or even dancing lessons that accomplishes the bettering of lung and heart action serves, he says.

"To illustrate what I mean," says Dr. Frauenthal. "If a person takes a course of physical training and builds up powerful and knotty pectoral muscles they crowd against the framework of the ribs and prevent the expansion of the upper part of the chest and the movement of the shoulders in breathing which permits air to be carried to the apex of the lung. Bind a man at this portion of his chest so that he cannot longer move and in five months he will be dead of tuberculosis."

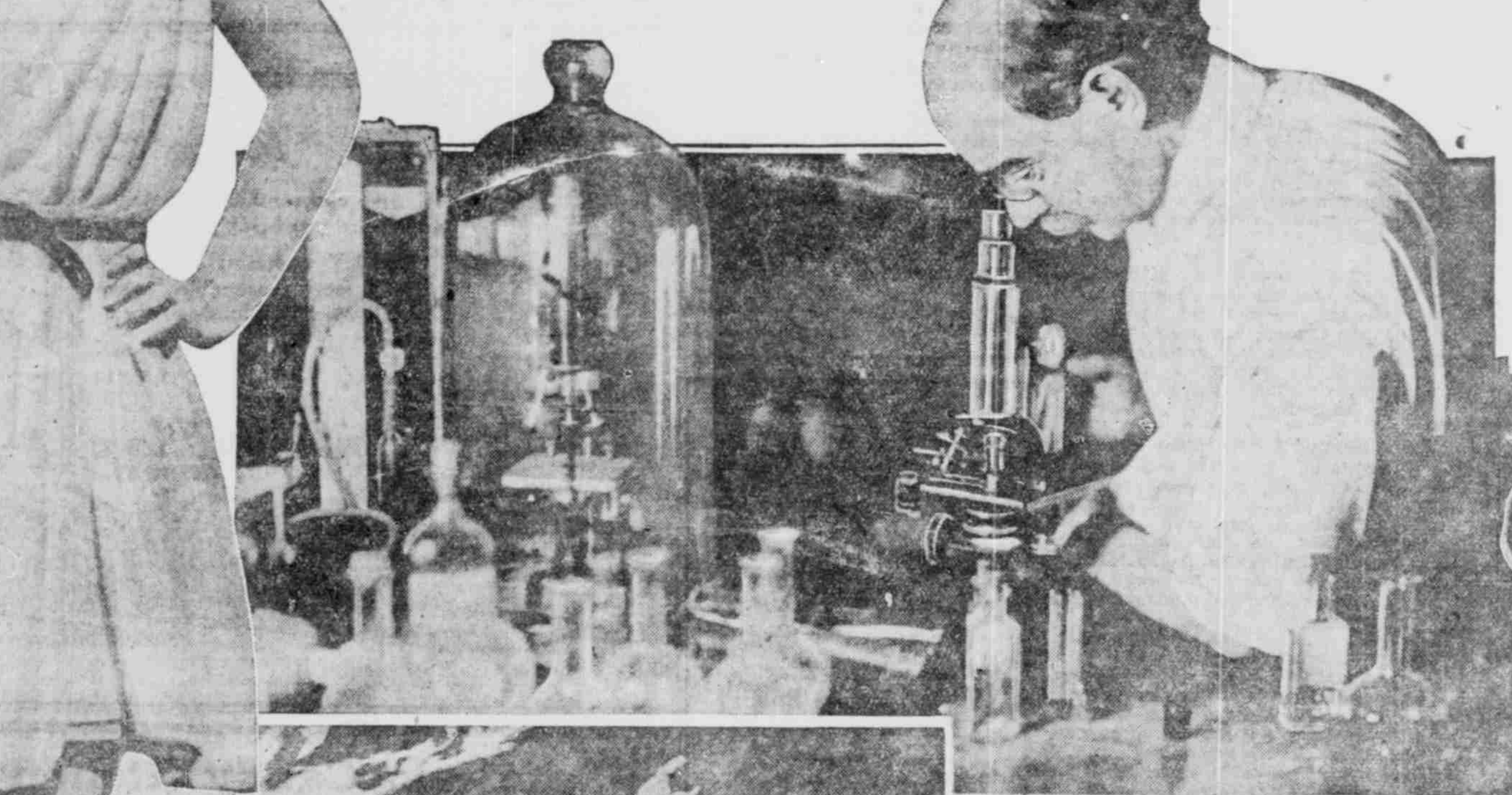
Healthy joints and healthy lungs are the health twins, according to those warning humankind against growing old in winter. Which came first is as easily answered as the old conundrum about the priority of the hen or the egg. For with healthy joints one can go out and swing along the ground and breathe in the pure air of all outdoors.

Dr. Philip Rahtjen, Californian Bacteriologist, Who Claims He Has Discovered and Isolated the Hitherto Unknown Germ of Anemia.

Dr. R. W. Schulte of Berlin, an eminent German physicist, has just made the statement that the rate of articulation of the bones of a human being is a positive indicator of health. In order to maintain the speed of movement throughout the three classes of the joints of the body perfect functioning of the lungs and heart, above all other organs, is necessary. Dr. Schulte says. In winter time, when there is no activity of the bones compared to the strenuous movements they were put through when the out-door weather was good, the lubricating oils dry up and the vital fluids which feed the muscles, not being called on to do their turn, lose much of their power. Thus, as the winters come and go, each winter detracts a bit from the power of these glands that manufacture these activating fluids and lubricating oils until, after forty, men and women begin to "feel age."

To bring to mind the situation more clearly the homely simile of the steam-heating plant may be used. All summer long it was in the cellar, inactive, rusting, corroding. The dampness it had kept away when it was active was slowly breaking it down. Outside, the master of the house enjoyed the sunshine and kept his own body on "full steam." But when the cold weather comes each year the master of the dwelling steps into the place of physical inertia occupied by the steam plant during the summer days of man's activity. While his mechanical friend in the cellar is working—and at the top of its "health"—he is inactive—rusting, corroding, as it were.

For, after all, the human system is nothing more than a machine—a chemical factory. Experts of the Department of Agriculture at Wash-



Young Women Enjoying a Frigid Dip in the Iceberg Lake, Glacier National Park. No Danger of Them Developing Cancer or Tuberculosis, According to Dr. Frauenthal's Theory.

WHEN winter comes old age begins! That is the startling conclusion of British scientists who claim to have discovered that decadence of the human system only occurs during the months when nature is to all appearances dead.

Boiled down to its essence the theory is that if humans could hibernate as bears and snakes or, even as the trees, send their life stream down in the depth of the body where it could remain dormant and warm, the physical breaking down of bodily cells would not take place.

What happens is this, these scientists say. The human being does go into retreat—in his home and office. The baseball field and the tennis court and even the stretches of the hiker's open road are deserted for the artificially heated room and office which enervate. Unlike Bruin, who crawls into his rocky home and snoozes the winter through without calling into play a single muscle, except those which automatically control his slow breathing, men and women continue the strain of life, business and domestic, without giving their bodies the rest that nature demands.

Even more destructive of health than this sudden and annual exodus from the fields of sports and the world of fresh air, according to one of America's greatest surgeons, is the sudden retirement out of the sunshine. Sunshine, says Dr. Henry W. Frauenthal of New York City, is second only to air in importance to the health of human kind. For it is the actinic rays of the sun that breaks down the tubercles from which tuberculosis develops. And it is the same mysterious power in the sun's rays that prevents the giantizing of cells in the human body which brings about that most dreaded disease called cancer. Which explains why it is that more women are attacked by cancer than men who are necessarily more often in the sunlight. Confined within the walls of her own home and rarely enjoying the

sunshine the housewife is much more liable to contract cancerous growth.

But, aside from this theory of Dr. Frauenthal, winter as a season is a time of decadence, the British authorities assert. Sedentary occupation is bad for the joints. And the first sign of old age, or premature debility, is the stiffening gait that marks the breaking down of the healthy co-ordination between nerve and muscle.

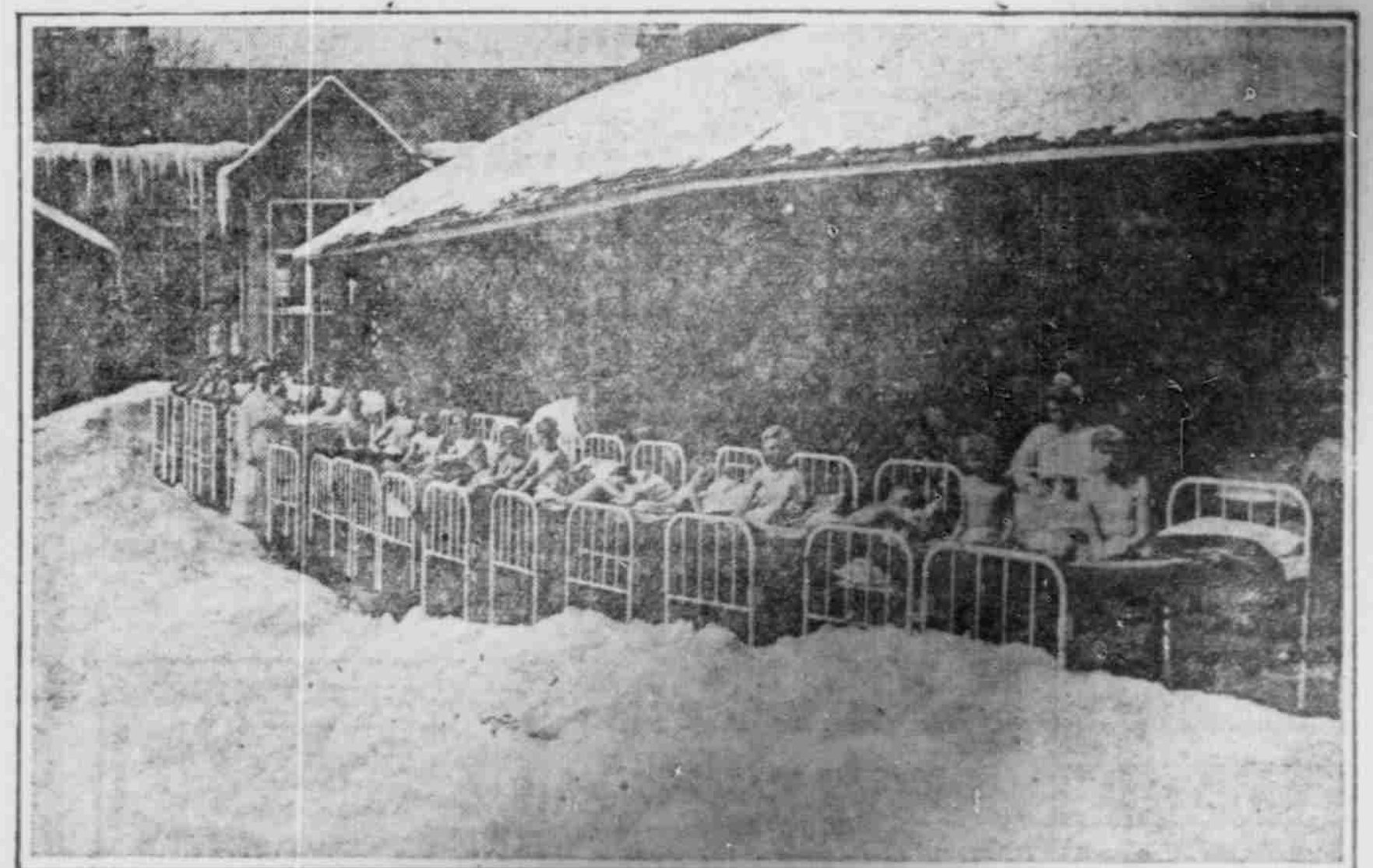
Dr. Frauenthal's theory of the beneficial effect of the actinic rays of the sun finds complement in the claim made by Dr. Philip Rahtjen of Pasadena, Cal., that he has discovered and isolated the germ of anemia. The announcement has attracted the attention of the medical world because anemia always has been considered a symptom. It causes some bacteriologists to think that the existence of such a germ might account for the benefit tubercular persons derive from sunlight. Sufferers from lung trouble invariably have anemia. That the breaking down of the red blood corpuscles may be caused by this anemia germ rather than by any toxin thrown off by the germ of tuberculosis, is the belief now of some physicians.

In Normandy, at Deauville Sur-mur, close to the famous society watering place, young girls in

a Greek costume summer camp are taught to overcome the encroachments of age by the simple expedient of proper carriage. They are put through calisthenic exercises carrying huge baskets on their heads and are required to walk with the same erectness of carriage at all times. The effect of this is to give the chest such expansion that the lungs always take their maximum of air and the result is that perfect co-ordination of mind and muscle which the proper oxydation of the blood through proper breathing maintains. The instructors of these girls, a perfect type of whom is reproduced on this page, contends that you don't walk correctly and consequently don't breathe correctly in a way to resist age-bringing ailments unless you can step out balancing a basket on your head.

Miss Viola Hartman of Los Angeles, Cal., overcomes the winter tendency to stagnate by a simple process. She walks on her hands every day of her life. She finds, she says, that it reduces her weight by stirring up her vital organs to renewed activity so that they can rid the system of excess fat and the poisons that inactivity produces.

"Fifteen minutes a day of this exercise will cure more ailments than one," she says.



To Show That the Sun's Rays Are Vastly More Healthful Than Any Danger from Cold, Physicians Cite the Treatment at Saranac Lake, N. Y., Where Tender Tubercular Children Are Given Sunbaths When the Thermometer Is 40 Degrees Below Zero.

